



More than Food

HelloFresh.com | hello@hellofresh.com



OCT 2015 Share your masterpiece! Tag your photos with #HelloFreshPics and share on You'll be entered into our weekly photo contest!

Brussels Sprout Crumble

with Mushrooms, Parmesan Breadcrumbs, and Hazelnuts

A creamy mixture of Brussels sprouts, mushrooms, and Parmesan is offset by tangy Dijon mustard and crunchy hazelnuts. Served over a bed of hearty brown rice, this dish is both comforting and wholesome.



40 min



level 1



veggie



Brussels Sprouts



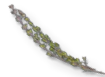
Button Mushrooms



Brown Rice



Parmesan Cheese



Thyme



Panko



Dijon Mustard



Sour Cream



Hazelnuts



Garlic



Vegetable Stock Concentrate

Ingredients

| | 2 People | 4 People |
|-----------------------------|----------|----------|
| Brussels Sprouts | 8 oz | 16 oz |
| Button Mushrooms | 4 oz | 8 oz |
| Brown Rice | ¾ C | 1½ C |
| Parmesan Cheese | 1) | ½ C |
| Thyme | ¼ oz | ½ oz |
| Panko | 2) 3) | ½ C |
| Dijon Mustard | 1 T | 2 T |
| Sour Cream | 1) | 4 T |
| Hazelnuts | 4) | 2 oz |
| Garlic | 2 cloves | 4 cloves |
| Vegetable Stock Concentrate | 1 | 2 |
| Butter* | 1) | 2 T |
| Olive Oil* | 1 T | 2 T |

*Not Included

Allergens

- 1) Milk
- 2) Wheat
- 3) Soy
- 4) Nuts

Tools

Medium Pot, Large Oven-Proof Pan, Strainer, Small Baking Dish

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 664 cal | Carbs: 79 g | Fat: 31 g | Protein: 21 g | Fiber: 9 g | Sodium: 647 mg

Make sure to wash and dry produce before prepping or cooking!

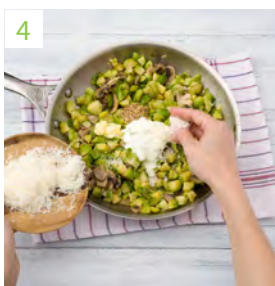


1 Cook the rice: Preheat the oven to 400 degrees. In a medium pot, bring **3 cups water**, the **brown rice**, and a large pinch of **salt** to a boil. Cook for 30-35 minutes, until tender. Drain.

2 Prep the vegetables: Strip the **thyme** leaves off the stem, then roughly chop. Mince or grate the **garlic**. Trim and halve the **Brussels sprouts**, then thinly slice crosswise into shreds. Thinly slice the **mushrooms**.



3 Heat **1 Tablespoon oil** in a large oven-proof pan over medium-high heat. Add the **mushrooms** to the pan and cook, tossing, until browned, for 4-6 minutes. Add the shredded **Brussels sprouts** to the pan and cook, tossing, for 5 minutes, until softened. Add the **thyme** and **garlic** to the pan and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**.



4 Add **½ cup water** and the **stock concentrate** to the pan and simmer until thickened. Remove the pan from the heat, then stir in the **sour cream**, **1 Tablespoon butter**, **1 Tablespoon Dijon mustard**, and **half the Parmesan cheese**.



5 Sprinkle the **panko** and remaining **Parmesan** over the top of the **Brussels sprout mixture**, then place the pan in the oven for 5-7 minutes, until golden brown. If you do not have an oven-proof pan, transfer the **Brussels sprout mixture** to a small (8x8") baking dish before sprinkling with the **panko** and **Parmesan**.

6 **Roughly chop the hazelnuts.** If you prefer a stronger flavor toast the hazelnuts in a dry pan over medium-low heat until fragrant.

7 Serve the **Brussels sprout crumble** on a bed of **brown rice**, sprinkled with chopped **hazelnuts**. Enjoy!